

**NATIONAL INSTITUTES OF HEALTH (NIH)
NUTRITION COORDINATING COMMITTEE (NCC) MEETING
Rockledge 2, Conference Room 9112
Bethesda, Maryland
January 3, 2002, 2:00-4:05 p.m.**

WELCOME

Dr. Van Hubbard, Director of the NIH Division of Nutrition Research Coordination (DNRC), convened the NCC Meeting at 2:00 p.m., welcomed the participants, and asked them to introduce themselves. Dr. Sarah Kuester, Centers for Disease Control and Prevention (CDC), in Atlanta, Georgia, and Ms. Kathryn McMurry, Office of Disease Prevention and Health Promotion (ODPHP), in Washington D.C., participated via conference call. The list of attendees is at the end of these minutes.

MINUTES FROM THE NOVEMBER 1, 2001 NCC MEETING

Minutes from the November 1, 2001, NCC Meeting were mailed to NCC members. Dr. Paul Coates, Office of Dietary Supplements (ODS), motioned to approve the minutes, and Dr. John Milner, National Cancer Institute (NCI), seconded the motion. The minutes were thus approved. The minutes of NCC Meetings are posted on the DNRC website. Appendices to the minutes are also posted if they are available in electronic form. Dr. Hubbard provided the new address (alias) for the DNRC website (<http://www.dnrc.nih.gov>). He noted that NCC members are welcome to place materials on the DNRC website and to provide links to other materials via the DNRC website.

UPDATE OF DNRC ACTIVITIES

Human Nutrition Research Information Management (HNRIM) System

Mr. James Krebs-Smith, DNRC, provided a status report of the HNRIM System. He reported that changes made to both the Public and Update (controlled-access) websites, include a redesigned interface, improved navigation and several new features. He invited NCC members to visit the Public site (<http://hnrnim.nih.gov>) and send comments via the online form. The revised Public website will be formally announced and promoted after a short shakedown period. Mr. Krebs-Smith said that a notice requesting FY2001 data for HNRIM will go out to NIH Institutes and Centers (ICs) by the end of the month. Questions about the data submission process should be sent to him.

Nutrition Education

Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH Nutrition Education Subcommittee (NES). The NES completed reviews for 23 documents during 2001. Fourteen of the 23 documents were developed by NIH, five from the Weight-control Information Network (WIN), three jointly from the Clinical Center and ODS, two from the National Institute on Aging (NIA), two from the National Heart, Lung, and Blood Institute (NHLBI), one from the National

Institute for Diabetes and Digestive and Kidney Diseases (NIDDK), and one from the National Institute for Child Health and Development (NICHD). After NES review, most of these documents were revised by the initiating group and then forwarded by DNRC for joint Department of Health and Human Services (DHHS)/United States Department of Agriculture (USDA) review. The other nine of the 23 documents were submitted for NES review as part of the joint DHHS/USDA review process. These nine documents included six from USDA, two from CDC, and one from the DHHS Office of Women's Health. Three items were reviewed since the last NCC Meeting: a WIN document, *Healthy Eating and Physical Activity Across the Lifespan: Adulthood*; an NHLBI document, *Facts About Coronary Heart Disease*, and a listing of additional foods with calcium for the CDC National Bone Health Campaign Website. The first document for the 2002 review year was received from the Center for Nutrition Policy and Promotion, USDA. It is entitled *Get on the Grain Train* and focuses on the promotion of the consumption of grain products.

The DNRC website (www.dnrc.nih.gov) provides active links to: (1) *the Surgeon General's Call to Action for the Treatment and Prevention of Obesity*; (2) the NCC Meeting Minutes; (3) the Calendar of Nutrition Meetings and Conferences; (4) a listing of NIH Nutrition Education Materials; (5) NIH National Nutrition Month Activities; and (6) NIDDK Nutrition and Obesity Activities. The Calendar of Nutrition Meetings and Conferences is updated every two weeks (on the 1st and 15th of each month). The listing of NIH Nutrition Education Materials was updated in December 2001. The site contains links to online publications, as well as information about NIH clearinghouses and information offices. The Nutrition Month section currently provides nutrition messages related to obesity, the 5 A Day Program, cardiovascular health, dietary supplements, tips for eating out, and physical activity. Work is underway to develop the NIH National Nutrition Month desk-to-desk flyers. The text has been developed and reviewed, and the contract artwork will begin next week. Print order riders for the flyers have been requested by members of the Dietary Guidelines Alliance Committee members.

Subcommittee on International Nutrition Research

Dr. Pam Starke-Reed, DNRC, provided an update of the Subcommittee on International Nutrition Research. The Co-Chairs of this Subcommittee are Dr. Daniel Raiten from NICHD and Dr. Rachel Nugent from the Fogarty International Center (FIC). Dr. Starke-Reed will serve as the NCC liaison to the Subcommittee. Letters were sent in December 2001 to IC Directors to identify Subcommittee members who are interested in international nutrition research. An upcoming conference call with Subcommittee members will identify important research topics, such as micronutrient supplementation.

Scientific Interactions

Dr. Starke-Reed provided an update on two future meetings. The workshop, *Health Benefits of Conjugated Linolenic Acid* will be held on May 15-16, 2002 in the Lister Hill Auditorium on NIH Campus. The agenda for the meeting has been

finalized. The meeting, *Physical Activity and Nutrition*, will be held in early December 2002 in Bethesda. The agenda for this meeting is almost finalized. Dr. Judy Finkelstein, NIA, noted that plans were underway for a conference on *Dietary Supplements in the Elderly*. This conference is a joint effort of NIA and ODS. A conference call was held in late December, during which interest and support were offered by various ICs. Contact Dr. Finkelstein or Dr. Becky Costello, ODS, for more information.

Display at the First Annual Nutrition Week

The *First Annual Nutrition Week* will be held in San Diego, California, on February 23-27, 2002. NIH will have a poster in the exhibit area adjacent to the scientific posters. Dr. Hubbard circulated the first draft of the poster and requested written comments from NCC members during the NCC Meeting. The draft was prepared by Dr. Judith Podskalny, NIDDK, based on submitted information. The poster focuses on NIH research and programs with an emphasis on research, training, and career development opportunities for new investigators. Dr. Podskalny welcomes additional information and material.

OFFICE OF DIETARY SUPPLEMENTS UPDATE

Dr. Paul Coates, Director of the NIH Office of Dietary Supplements (ODS) provided an update. He introduced two new ODS staff members, Dr. Anne Thurn and Dr. Joseph Betz. Dr. Thurn, previously with NCI, will be working on the evidence-based reviews of dietary supplement efficacy and safety. One such review, which is currently in progress, focuses on Ephedra for weight management and athletic performance enhancement. The next report will focus on omega-3 fatty acids and heart disease and will be done in conjunction with NHLBI; other Federal partners will be invited to participate as well. Dr. Betz is an expert on herbals. He most recently worked with the American Herbal Products Association, and prior to that, the FDA. At ODS, he will be working on analytical methods and standard reference materials for dietary supplement ingredients. Dr. Coates mentioned two upcoming conferences to be co-sponsored by ODS. The conference *Performance Enhancing Supplements*, sponsored by ODS and the Council for Responsible Nutrition (CRN), is scheduled for January 8-9, 2002 in the NIH Natcher Auditorium. The conference *Dietary Supplement Use in Women of Reproductive Age*, sponsored by ODS, NICHD, NIDDK, DNRC, and the National Center for Complementary and Alternative Medicine (NCCAM), is scheduled for January 27-29, 2002, also in the NIH Natcher Auditorium. The deadline for submitting responses to the ODS Notice of Interest in Co-Sponsoring Workshops is January 4, 2002. Responses should be sent to Dr. Becky Costello.

REPORT OF THE WHITE HOUSE COMMISSION ON COMPLEMENTARY AND ALTERNATIVE MEDICINE POLICY

Dr. Stephen Groft, who serves as the Director of the NIH Office of Rare Diseases, was appointed as the Executive Director of the White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP).

This Commission was established on March 7, 2000 to develop legislative and administrative policy recommendations to maximize the benefits of complementary and alternative medicine (CAM) practices and products for the general public. There are 20 members of the Commission, which is chaired by James S. Gordon, M.D., who is Director of The Center for Mind-Body Medicine in Washington, D.C. Since March 2000, the Commission has met 11 times and held four Town Hall Meetings. A final report to the President and Congress is due by March 7, 2002. The final report will provide detailed recommendations concerning coordinating research on CAM; providing access to the delivery of CAM practices and products; developing and providing reliable information on CAM; and educating all health care practitioners in CAM. Dr. Groft provided a copy of the WHCCAMP Interim Progress Report (Appendix A), the Guiding Principles of the Commission (Appendix B), and Final Recommendations of WHCCAMP (Appendix C). Additional information is available on the WHCCAMP website (<http://www.whccamp.hhs.gov>). Dr. Groft encouraged NCC members to read the recommendations and provide comments to him (phone (301) 435-7592; fax 301 480-1691; whccamp@mail.nih.gov).

THE SURGEON GENERAL'S CALL TO ACTION TO PREVENT AND DECREASE OVERWEIGHT AND OBESITY

Dr. Hubbard and Ms. Kathryn McMurry, ODPHP, provided an update on *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. *The Surgeon General's Call to Action* was released on December 13, 2001 by Surgeon General David Satcher and DHHS Secretary Tommy Thompson at a gathering in the Hubert H. Humphrey Building in Washington D.C., attended by over 200 people. There was an acknowledgement of the work of Dr. Paul Ambrose, who served as Senior Editor of the report. Ms. McMurry is compiling a file of the news clips of the event. The *Call to Action* report has been well-received. The media has generally appropriately focused on the health message, rather than the cosmetic issues of obesity. The *Call to Action* report is currently available on the Surgeon General's website <http://www.surgeongeneral.gov/topics/obesity/> and hardcopies will be available after January 22, 2002. Dr. Hubbard has ordered copies for all NCC members. Please contact him if you need additional copies.

It is anticipated that there will be annual meetings similar to the *Surgeon General's Listening Session on Overweight and Obesity* to provide a forum for identifying actions, as well as barriers to progress. The meetings will also provide a stimulus and opportunity for various groups to partner. The Steering Committee will reconvene to determine how to provide a progress report on activities. Surgeon General Satcher's term will end on February 13, 2002, and it is hoped that the new Surgeon General will carry on the activities of the *Call to Action*. Dr. Hubbard has asked Dr. Wendy Johnson-Taylor, DNRC, to pull together information from the Surgeon General's Listening Session that served as background information, but was not included in the report. This information

is intended to compliment the Call To Action and for publication as a journal article.

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY (NHANES) FOLLOW-UP

An update on the support for NHANES and on the dietary survey integration was provided by Mr. Cliff Johnson, National Center for Health Statistics (NCHS), CDC, and by Dr. Kathy Ellwood, Agriculture Research Service (ARS), USDA. Mr. Johnson provided general information on the costs of NHANES components and the short and long-term plans for the survey. The purpose of this update was to provide a broad perspective for the NCC to be followed at a later date by a smaller meeting to discuss specific details. NHANES will initiate its 2002 data collection during the second week of January 2002. The response rate for both the NHANES interview and examination continues to be high at about 80%. Page one of Appendix D shows the planning process and data release schedule for the survey. NHANES is moving to two-year groupings to provide a consistent framework for the survey and to provide adequate sample sizes for most statistical analysis. New survey components will be considered for inclusion in the NHANES for two-year periods. Proposals for new components must be submitted to NCHS about one and one-half years prior to the proposed implementation date. A pilot test of new components will be conducted prior to field implementation. Subsequent pages of Appendix D provide detailed lists of the components of the survey with regard to the questionnaires, examinations, and laboratory measurements.

Dr. Ellwood stated that a Memorandum of Understanding (MOU) regarding survey integration (integration of the NCHS and ARS dietary components of the NHANES) was sent to Dr. Ed Nebling, Acting ARS Administrator. (Dr. Floyd Horn is on a one-year detail to Homeland Security.) The MOU should be signed and in place by next week. The new dietary component will provide for two 24-hour dietary recalls for each survey participant beginning in 2002. The 24-hour recalls will employ the ARS dietary methodology. The cost of the dietary component of the survey is estimated to be \$8.8 million in 2002. NCHS and ARS are each contributing \$3.3 million in 2002, so there is a shortfall of \$2.2 million. These costs include the administration and processing of the dietary recalls and diet-related questions, but do not include staff time.

Dr. Hubbard will arrange the date, time, and location for a meeting with Mr. Johnson and Dr. Ellwood on NIH support for NHANES. NCC members who are interested in participating in this small workgroup should send Dr. Hubbard a note indicating their desire to participate. Those interested in the use of DEXA data should also contact Dr. Hubbard, who will set up a small working group to deal with this issue.

REPORTS FROM NCC MEMBERS AND LIAISONS

Dr. Sarah Kuester, CDC, asked for information about the website for the National Nutrition Summit. Dr. Mary Frances Piccano, ODS, responded that she was coordinating this website. The first draft has gone out to Committee members. The Surgeon General's *Call to Action* report will be linked to the Summit website. The committee is working with IQ Solutions, and NIH will be the host of the website. More information will be provided at the next NCC meeting.

Dr. Gilman Grave, NICHD, noted that his Institute is interested in programs targeted to young girls that could help prevent osteoporosis in later life. He cited papers presented at a recent meeting of the American Society of Bone and Mineral Metabolism and noted the NICHD *Milk Matters* program. He was interested in the NCC response, especially the NCI response, to the slogan (suggested by a dairy group) "3 A Day" for dairy product consumption.

Dr. Susan Yanovski, NIDDK, announced that the National Task Force on Prevention and Treatment of Obesity will meet in the Natcher Building on February 15, 2002 from 8:30 a.m. to 5:00 p.m.

NEXT NCC MEETING

The next NCC Meeting is scheduled for February 7, 2002. There will also be an NCC meeting on March 7, 2002, with a guest speaker to commemorate National Nutrition Month. The speaker will be Dr. Frank Sacks, who will present the results of the DASH Diet Studies. Dr. Sacks is a Professor of Cardiovascular Disease Prevention in the Department of Nutrition at the Harvard School of Public Health in Boston, Massachusetts.

The meeting was adjourned at 4:05 p.m.

The agenda, list of attendees, and appendices of the January 3, 2002, NIH NCC Meeting follow these minutes.

LIST OF APPENDICES

Appendix A - Interim Progress Report. White House Commission on
Complementary and Alternative Medicine Policy

Appendix B - Guiding Principles of the Commission

Appendix C - Draft Recommendations of WHCCAMP <http://www.whccamp.hhs.gov>

Appendix D - NHANES Content Planning Process and Data Release Schedule;
NHANES Questionnaire Matrix; NHANES Examination Matrix;
NHANES Laboratory Matrix